1/3

Fig. 1

3-2.	3 - 2 - 1 FITNESS CALENDAR	<b>TNESS</b>	CAL	ENDA	2	
Begin	Beginner Example	xamp	<i>l</i> e			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF		S.	OFF	ZL O	N-O	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	NFO NFO	O-FN	OFF	CFN	ZĽ.	00
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	N	N-C	OFF	CFN	NHO	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	OFN	OF.	97.0	NEO SE	DFN	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	OFN	OFF	CFN	DFN	OFF

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Fig. 2

3-2-	3 - 2 - 1 FITNESS CALENDAR	INESS	CALI	ENDA	œ	
Interr	Intermediate Example	te Exa	mple			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	N-	N.	OFN	Ö Z	Q N	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	OFN	DFN	OFN	N	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	OFN	OFN	NE O	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	OFN	DFN	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
F	N. O.	S. S	DFN	OFN	DFN	OFF

Fig. 3

3-2.	- 1 FI	TNESS	3-2-1 FITNESS CALENDAR	ENDA	8	
Adva	peou	Advanced Example	o/e			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DEN	SEO SE	N-FG	CFN	OFN	N-FO
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	N-C	DFN	CFN	DFN	OFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	NFO NFO	N N	N-C	CFN	DFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	N	OFN	N.	DFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	OFN	OFN	DFN	OFN	DFN	CFN